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Get the Facts. Keep the Faith.

September is Recovery Month

Get the Facts:

- According to the World Health Organization, the harmful use of alcohol results in 3.3 million deaths yearly and 15.3 million people have drug use disorders.¹
- One in ten individuals aged 12 or older in the United States used illicit drugs in the past month. The percentage of people aged 12 or older who were current illicit drug users in 2014 was higher than the percentages from 2002 to 2013.²
- Like other chronic health conditions, substance use disorders typically require long-term involvement with the health care system and informal networks of support to promote and sustain recovery.³
- A working definition of recovery: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.⁴

¹*Management of Substance Use: Facts and Figures*. World Health Organization website: www.who.int/substance_abuse/facts/en/. Accessed July 27, 2016.

²*Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health*. Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality (September 2015). Rockville, MD, p. 5. www.samhsa.gov/data/sites/default/files/NSDUH-FRR1-2014/NSDUH-FRR1-2014.pdf.

³*Recovery-Oriented Systems of Care (ROSC) Resource Guide*. SAMHSA Partners for Recovery (September 2010). p. 3. www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf.

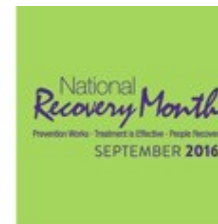
⁴*SAMHSA's Working Definition of Recovery*. Substance Abuse and Mental Health Services Administration (2012). Rockville, MD, p.1. <https://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf>.



Mid-America ATTC, funded through the Substance Abuse Mental Health Services Administration under the U.S. Department of Health and Human Services, is located in the School of Nursing and Health Studies at the University of Missouri-Kansas City.

www.attcnetwork.org/midamerica

816.235.5056



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Keep the Faith: Recovery is Possible.

Addiction can be treated. However, many people need help to recover from this disease. Treatment programs may utilize both counseling and medications to help people recover from drug and alcohol abuse and addiction. With support and treatment, many are able to stop their drug and alcohol use and rebuild their lives.

What you can do to help:

- Go to www.findtreatment.samhsa.gov to learn where people can go for assessment and counseling if alcohol or drugs are causing problems in their lives.
- Learn where the Twelve Step meetings are in your area. Call your local AA, NA and AV or visit www.aa.org, www.na.org and www.alcoholicsvictorious.org.
- Attend a Twelve Step meeting with a hesitant friend or family member.
- Provide your pastor, rabbi or imam with a list of the area Twelve Step meetings and phone numbers of treatment centers.
- If you are in recovery, read how some people are now sharing their recovery stories at www.facesandvoicesofrecovery.org/action/stories and www.facingaddiction.org.
- Learn more about alcohol and drug use and addiction by going to: www.niaaa.nih.gov/alcohol-health and www.drugabuse.gov.

What your faith community can do to help:

- Post in a prominent place a list of the Twelve Step groups that meet regularly in your area.
- Provide meeting space for a Twelve Step group.
- Learn more about the Recovery Movement at www.samhsa.gov/partners-for-recovery, www.facesandvoicesofrecovery.org, and www.facingaddiction.org.
- Maintain a pamphlet rack or resource table with information on risky or harmful use and substance use disorder treatment.
 - ♦ Order free literature from the Substance Abuse and Mental Health Services Administration at 800.729.6686 or www.store.samhsa.gov.
 - ♦ Download information sheets at www.niaaa.nih.gov, under "Publications," then "Brochures and Fact Sheets."

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